

# PSY391H5S Psychology of Pain

Friday 12:00pm – 3:00pm

Online Synchronous

## Course Delivery

**ONLINE VIA QUERCUS:** This course will be taught using a combination of asynchronous and synchronous elements. Short videos will be posted in Quercus to help facilitate synchronous sessions. This means that you will be able to access this content at your own pace. This material is complimentary to the synchronous component, but you are equally responsible for all asynchronous content. Synchronous sessions will be delivered online through ZOOM. The zoom link will be posted on the course Quercus page. To access the link, you will have to do so using a zoom account associated with your utoronto mail address. **Please register for UTM Zoom account using your UTORid and password before the semester starts (Web portal login: <https://utoronto.zoom.us>).** Synchronous lectures will be recorded and posted online and made available through the course Quercus page. Each week the combination of asynchronous and synchronous material will amount to 3 hours total lecture time. Term tests and the final exam will be administered online through Quercus quiz. Please check the course Quercus page for more details.

### Learn Anywhere Guide for Students

<https://library.utm.utoronto.ca/students/quercus/learn-anywhere>

University of Toronto tech [requirements for online learning](#)

## Contact Information

**Dr. Loren Martin**

[lj.martin@utoronto.ca](mailto:lj.martin@utoronto.ca)

**Office Hours:** Virtual via Zoom (by appointment)

Prof. Martin will meet with students via zoom, which will include a 'virtual waiting room' so that students can have private meetings. Students can also schedule individual office hours (also to be held via zoom) with the TA.

**Teaching Assistant:**

**Navdeep Lidhar**

[navi.lidhar@mail.utoronto.ca](mailto:navi.lidhar@mail.utoronto.ca)

**Harashdeep Deol**

[harashdeep.deol@mail.utoronto.ca](mailto:harashdeep.deol@mail.utoronto.ca)

## Course Description

This course is an introduction to the biological and psychological aspects of *pain*, as a multidimensional bodily sensation, an adaptive solution to threatening stimuli and a clinical problem. Pain will be introduced from a phenomenological perspective, focusing on the ways in which social, situational, psychological and organismic factors can alter pain. The ultimate goal is to survey the topic so that students are aware of the current challenges and unanswered questions in pain research and management.

## Email Policy

E-mail should **not** be seen as an alternative to attending office hours with your TA or instructor, and questions that could benefit others and should be asked in class or posted to the appropriate discussion board on the course website.

E-mails need to come from an utoronto account. E-mails regarding class material should be **directed to your TA**, who may choose to forward more difficult inquiries on to the Instructor. E-mail should not be seen as an alternative to meeting with the instructor (or the TA). Nor should e-mail be used as a mechanism to receive private tutorials (especially prior to tests) or to explain material that was covered in lectures you missed. When emailing, please include “**PSY391**” and the topic of your email in the subject line. We will try to respond to all emails within 2 business days.

## Learning Outcome

By the end of this course, you should be able to:

- Describe the major biological pathways, regions and structures important for pain processing and pain modulation
- Understand cellular and chemical processes important for sensitization
- Describe the prevalence, presentation and incidence of acute and chronic pain conditions
- Understand the role of psychological factors in shaping pain and in the treatment of pain conditions
- Explain how pain is modulated by various factors including genetics, diet, and social interactions

## Reading Material

The textbook chapters will reinforce some material covered in lecture, but also offer you new information within the pain sciences that may not explicitly be covered in class. This year, I have included additional media to help you think critically about what we learn in class and how it can be applied in the real world. These media pieces will form the basis for reaction essays, which will be graded as part of your assignment mark.

**Textbook:** Dynamics of Pain

**Author(s):** Sorge, Robert

**ISBN:** 9781644964965

**Edition:** 1

**Copyright:** 2020

## Course Evaluation

1. Term Test 1 (22.5 % of final grade). The test will cover all lectures and associated readings before the test.
2. Term Test 2 (22.5 % of final grade). The test will cover all lectures and associated readings after Test 1.
3. Reaction essays (2 X 7.5% = 15 % of final grade). You will write two (800-1000 words each) short essays on the media (podcasts, TedTalks or webinars) associated with the lecture of your choosing.
4. Textbook quizzes (10 % of final grade). During the semester you will complete chapter quizzes, the best 15 out of 19 quizzes will count toward this mark.
5. Final Exam (30 % of final grade). The cumulative final exam will cover all lectures, associated readings and media associated with the course.

**The mid-term tests and final exam** will be based on the material from the lectures and assigned material. The mid-term tests and the final exam will consist of multiple-choice questions, matching, and shorter / longer questions. The shorter and longer questions will require students to recite information but also integrate knowledge analytically. The **final exam WILL BE CUMULATIVE**, i.e., the questions will ask you to consider material learned from the very beginning of the class albeit more weight will be given towards material not tested on the term tests.

## Course Webpage

The website associated with this course is accessible via <http://q.utoronto.ca>

**Note:** You don't need to create a new login for Canvas; it already knows who you are. You just need your UTORid and password. This is the same login that gets you onto the wireless network with your laptop, and the same one that you use to check your email. If you're confused about your UTORid or don't remember your password, go to:

<https://www.utorid.utoronto.ca/>

In order to access course material, monitor course information, and view your grades you must log into Canvas. If you have any general questions regarding Canvas, please visit the following help site:

<https://library.utm.utoronto.ca/faculty/canvas>

## IMPORTANT COURSE POLICIES **\*\*PLEASE READ\*\***

### **Missed Test Special Consideration Request Process**

Students who miss a test due to circumstances beyond their control (e.g. illness or an accident) can request that the Department grant them special consideration. Students must present their case to the Department (NOT the Instructor) by submitting a request via the online Special Consideration Request form at:

<https://utmapp.utm.utoronto.ca/SpecialRequest>.

**Important note:** Once the test/exam is available online and you're unable to write or have an approved request to miss, **DO NOT** at any point attempt to access the test/exam. If at any time you access the test/exam, you will **NOT** be able to submit a special consideration and/or your request will be refused.

**If your request is approved by the department, the weight of the missed test will be redistributed to the final exam.**

### **Extension of Time Special Consideration Request Process**

Students who seek to be granted more time to complete their term work beyond the due date without penalty, owing to circumstances beyond their control (e.g., illness, or an accident), must do so by submitting a request **directly to the Instructor** for the period up to and including the last day of the term. The decision as to whether or not to apply a penalty for the specified period rests with the Instructor.

Students who seek to be granted more time to complete term work beyond the last day of the term must submit their request directly to the Department. This request covers the period following the last day of classes and ends the last day of the exam period. This is done by submitting a request via the online Special Consideration Request form at <https://utmapp.utm.utoronto.ca/SpecialRequest>. You are advised to seek advising by the departmental Undergraduate Counsellor prior to the deadline.

### **Supporting Documentation**

The University is temporarily suspending the need for a doctor's note or medical certificate for any absence from academic participation. However, you are required to use the Absence Declaration tool on ACORN found in the Profile and Settings menu to formally declare an absence from academic participation. The tool is to be used if you require consideration for missed academic work based on the procedures specific to our campus/department.

### **Missed Final Exam or Extension of Time beyond exam period**

Missed final exams or for extensions of time beyond the examination period you must submit a petition through the Office of the Registrar. <http://www.utm.utoronto.ca/registrar/current-students/petitions> and follow their procedures.

### **Penalties for Lateness**

A penalty of 10% per calendar day (i.e., including week-ends and holidays, during which students are not able to submit term work) up to and including the last day of classes, will be applied by the Instructor. After the last day of classes, the penalty of 10% per calendar day will be applied by the Undergraduate Counsellor on behalf of the Department. No penalty will be assigned if request for special consideration, described above, was successful.

### **Academic Guidelines**

It is your responsibility to ensure that you have met all prerequisites listed in the UTM Calendar for this course. If you lack any prerequisites you WILL BE REMOVED from the course up until the last day to add a course. Further information about academic regulations, course withdrawal dates and credits can be found in the University of Toronto Mississauga Calendar at: <http://www.erin.utoronto.ca/regcal/>.

You are encouraged to read this material. If you run into trouble and need advice about studying, preparing for exams, note taking or time management, free workshops and advice are available from the Robert Gillespie Academic Skills Centre at 905-828-5406.

### **AccessAbility Services**

The University provides academic accommodations for students with disabilities in accordance with the terms of the Ontario Human Rights Code. This occurs through a collaborative process that acknowledges a collective obligation to develop an accessible learning environment that both meets the needs of students and preserves the essential academic requirements of the University's courses and programs. Students requiring academic accommodations for learning, physical, sensory, or mental health disabilities or medical conditions should contact the AccessAbility Office (2037B Davis Building), 905-828-3847.

<http://www.utm.utoronto.ca/accessability/>

### **Privacy and Copyright Disclaimer**

#### ***Notice of video recording and sharing (Download and re-use prohibited)***

This course, including your participation, will be recorded on video and will be available to students in the course for viewing remotely and after each session. Course videos and materials belong to your instructor, the University, and/or other sources depending on the specific facts of each situation, and are protected by copyright. Do not download, copy, or share any course or student materials or videos without the explicit permission of the instructor. For questions about recording and use of videos in which you appear please contact your instructor.

### **Academic Honesty and Plagiarism**

Academic integrity is essential to the pursuit of learning and scholarship in a university, and to ensuring that a degree from the University of Toronto Mississauga is a strong signal of each student's individual academic achievement. As a result, UTM treats cases of cheating and plagiarism very seriously.

The University of Toronto's Code of Behaviour on Academic Matters outlines behaviours that constitute academic dishonesty and the process for addressing academic offences. Potential offences include, but are not limited to:

#### **In papers and assignments:**

1. Using someone else's ideas or words without appropriate acknowledgement.
2. Submitting your own work in more than one course without the permission of the instructor.
3. Making up sources or facts.

4. Obtaining or providing unauthorized assistance on any assignment.

#### On tests and exams:

1. Using or possessing unauthorized aids.
2. Looking at someone else's answers during an exam or test.
3. Misrepresenting your identity.

#### In academic work:

1. Falsifying institutional documents or grades.
2. Falsifying or altering any documentation required, including (but not limited to) doctor's notes.

With regard to remote learning and online courses, UTM wishes to remind students that they are expected to adhere to **the Code of Behaviour on Academic Matters** regardless of the course delivery method. By offering students the opportunity to learn remotely, UTM expects that students will maintain the same academic honesty and integrity that they would in a classroom setting. Potential academic offences in a digital context include, but are not limited to:

#### Remote assessments:

1. Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.) for assessments.
2. Using technological aids (e.g. software) beyond what is listed as permitted in an assessment.
3. Posting test, essay, or exam questions to message boards or social media.
4. Creating, accessing, and sharing assessment questions and answers in virtual "course groups."
5. Working collaboratively, in-person or online, with others on assessments that are expected to be completed individually.

All suspected cases of academic dishonesty will be investigated following procedures outlined in **the Code of Behaviour on Academic Matters**. If you have questions or concerns about what constitutes appropriate academic behaviour or appropriate research and citation methods, you are expected to seek out additional information on academic integrity from your instructor or from other **institutional resources**.

#### **Academic Rights**

You, as a student at UTM, have the right to:

- Receive a syllabus by the first day of class.
- Rely upon a syllabus once a course is started. An instructor may only change marks' assignments by following the University Assessment and Grading Practices Policy provision 1.3.
- Refuse to use turnitin.com (you must be offered an alternative form of submission).
- Have access to your instructor for consultation during a course or follow up with the department chair if the instructor is unavailable.
- Ask the person who marked your term work for a re-evaluation if you feel it was not fairly graded. You have up to one month from the date of return of the item to inquire about the mark. If you are not satisfied with a re-evaluation, you may appeal to the instructor in charge of the course if the instructor did not mark the work. If your work is remarked, you must accept the resulting mark. You may only appeal a mark beyond the instructor if the term work was worth at least 20% of the course mark.
- Receive at least one significant mark (15% for H courses, 25% for Y courses) before the last day you can drop a course for H courses, and the last day of classes in the first week of January for Y courses taught

in the Fall/Winter terms.

- Submit handwritten essays so long as they are neatly written.
- Have no assignment worth 100% of your final grade.
- Not have a term test worth more than 25% in the last two weeks of class.
- Retain intellectual property rights to your research.
- Receive all your assignments once graded.
- View your final exams. To see a final exam, you must submit an online Exam Reproduction Request within 6 months of the exam. There is a small non-refundable fee.
- Privacy of your final grades.
- Arrange for representation from Downtown Legal Services (DLS), a representative from the UTM Students' Union (UTMSU), and/or other forms of support if you are charged with an academic offence.

### **Equity Statement**

The University of Toronto is committed to equity and respect for diversity. All members of the learning environment in this course should strive to create an atmosphere of mutual respect. As a course instructor, I will neither condone nor tolerate behaviour that undermines the dignity or self-esteem of any individual in this course and wish to be alerted to any attempt to create an intimidating or hostile environment. It is our collective responsibility to create a space that is inclusive and welcomes discussion. Discrimination, harassment and hate speech will not be tolerated. If you have any questions, comments, or concerns you may contact the UTM Equity and Diversity officer at [edo.utm@utoronto.ca](mailto:edo.utm@utoronto.ca) or the University of Toronto Mississauga Students' Union Vice President Equity at [vpequity@utmsu.ca](mailto:vpequity@utmsu.ca).

**Please note that this outline is subject to change depending on the needs of the class (we may need additional time to cover a topic). Any changes to the syllabus will be announced in class one week before. However, the assignment and test dates are fixed.**

## Course Outline

Date	Topic	Background readings from <i>Textbook of Pain</i>
January 15	Lecture 1: Spinal Cord Anatomy and Inputs	Chapter 1
January 22	Lecture 2: Pain Transmission and Central Sensitization	Chapter 2
January 29	Lecture 3: Inflammation and the Immune System, Translational Regulation	Chapters 3, 4
February 5	Lecture 4: Pain Testing in Rodents and Theories of Pain	Chapters 5, 6
February 12	<b>Term Test 1</b>	<b>Lectures 1, 2, 3 and 4</b>
February 19	<b>Reading Week – No Class</b>	
February 26	Lecture 5: Epidemiology of Pain and Chronic Pain Conditions	Chapters 7, and 8
March 5	Lecture 6: Psychological Aspects, Endogenous Modulation and QST	Chapters 9, and 10 <b>First Reaction Essay Due @ 11:59 pm</b> (select from Lectures 1–5)
March 12	Lecture 7: Imaging, Individual Differences and Genetics	Chapters 11, 12, 13
March 19	<b>Term Test 2</b>	<b>Only Lectures 5, 6 and 7</b>
March 26	Lecture 8: Placebo, and Diet	Chapters 14, 15, 16
	Lecture 9: CAM and Social Communication	Chapters 16 and 17 <b>Research Assignment Due</b>
	Lecture 10: Opioids, Drug Development and Evidence-Based Medicine	Chapters 18 and 19 <b>Second Reaction Essay Due @ 11:59 pm</b> (select from Lectures 6–10)

Final Exam will include material from all lectures.